

The Gourmet Restaurant
DINNER BUFFET: \$10.95
GOOD FOOD, GREAT VALUE!
 495 MAIN STREET, PORT COLBORNE
 905-834-6683

FRIDAY, APRIL 30, 2010

Portraits

Photos from Earth Day.
 Page 3

The dog days

Who says dogs are dumb animals? Page 8

Earth Day

Cleaning up the community should be a year-round effort. Page 4

New league

Co-ed volleyball league to start up this fall. Page 16

ROOFING
 Residential & Commercial
PERSONAL TOUCH
 Home Improvements
Professional Work with a Personal Touch
 2601 Hwy #20 EAST • Fonthill 905-882-6177

INPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 17 VOLUME 14

For news updated daily see www.inportnews.ca

■ CLASS ACTION LAWSUIT

No timeline for decision: lawyer

DAVE JOHNSON
 Tribune Staff

TORONTO — Lawyer Eric Gillespie still has no idea when a decision will come down on a \$400-million class action lawsuit against Vale Inc.

see LAWSUIT | Page 2

■ PREVIEW PARTY: Members get sneak peek at exhibit

Navy to be celebrated at museum

WAYNE CAMPBELL
 InPort News Staff

PORT COLBORNE — The Historical and Marine Museum kicked off a regal year Sunday with its annual preview party for members.

The museum, which opens Saturday, will celebrate the 100th anniversary of the Royal Canadian Navy with Firing a Royal Salute. The nautical exhibit contains models of Port Colborne's two named Second World War ships: the frigate HMCS Port Colborne and corvette HMCS Humberstone.

A second exhibit, sailing along side the naval one, highlights the 35th anniversary of the museum itself. A Royal Affair contains "hidden gems" from the museum's collection showing a donation made from each year.

see FIRING | Page 2

WAYNE CAMPBELL Staff Photo

Lynn van Dillen, staff member with the Port Colborne Historical and Marine Museum, and museum life member Don Mau sit at the bow of a lifeboat. It serves as a guide through a Royal Canadian Navy exhibit called Firing a Royal Salute. This year the museum will honour the navy, which celebrates its 100th anniversary.



See inside:
INSERTS
 Full Distribution
 The Healthy Cupboard
Sears
HOMES
 extra
 Selected Areas
IDA BOGGIO
 PHARMACY LTD.

Helping You Find Your Way Home

ROYAL LePAGE

368 King St., Port Colborne, On L3K 4H4
 P: 905 834-9000 F: 905 834-4410
margaretann@royallepage.ca

Margaret Ann Giganti
 Sales Representative

04179838

■ FIRING A ROYAL SALUTE

Model of ship comes Monday

FROM PAGE 1

"It was a lot of fun going through the collection," said Lynn van Dillen, who sorted through the items looking for those that had not been shown or hadn't been seen for a long time.

"Sticking to the royal theme, we took out some of these," said the staff member pointing to a case full of Royal Family-related cup, towels, plates and other items.

A key item was missing from the Royal Navy display Sunday, HMCS Humberton.

Quebec model crafter Joseph Vella, who also worked on HMCS Port Colborne, couldn't get it to the museum in time for the preview. He will deliver it Monday during a tour through southern Ontario to make similar deliveries to other museums.

During the Second World War, Canadian cities and towns sponsored warships, van Dillen

said. "In Port Colborne, a group called the Salvoettes raised funds to equip ships. They sent instruments, sports equipment and even a piano."

The museum has a poster listing ships named after Canadian communities.

The Firing a Royal Salute exhibit flanks a lifeboat-shaped walkway built during the winter.

Van Dillen said it can be taken apart an used for displays during events such as Marine Days.

Mayor Vance Badawey, who was touring the exhibit, said Port Colborne will tie its August Marine Days celebration to both the museum and navy anniversaries. The museum created the Marine Days weekend.

The navy, museum anniversary and the long-standing Welland Canal exhibits will continue through to December.

In May the Heritage Research Archives beside the museum will feature a travelling exhibit from the Archives of Ontario called *A Lifetime, Day By Day* about five women and their diaries.

This summer the Marine Exhibit Lighthouse on the museum's grounds will get Ship Shape with an display of handcrafted model ships.

Director and curator Stephanie Powell Baswick said the museum is promoting its lifetime membership. For \$100, you can have a lifetime membership, which gives you free access to all events as well as a tax credit.

Lifetime member Don Mau, who moved to Port Colborne a couple of years ago, said he bought a membership because it was a good deal and a good way to give the museum a boost.

uccampbel@wellandtribune.ca

■ ELECTRIC BEDS: Golf tournament fundraiser coming soon

Duffers taking a swing at new beds

DAVE JOHNSON

InPort News Staff

The bed made the stay in the hospital better.

Maria Aliberti

PORT COLBORNE — Maria Aliberti always took part in Port Colborne Hospital Foundation's annual golf tournament, but it wasn't until this past winter she understood how important the fundraising event really was.

Aliberti was stepping up to get into a truck when she slipped and fell. In the process, she suffered a spiral fracture of her femur that sent her first to Welland hospital and then Niagara Falls hospital.

It was at Niagara Falls hospital where Aliberti experienced something she feels should be in every hospital in Niagara and something that's absent in Port Colborne — electric beds.

"It made things much easier," said Aliberti as she sat in McKellar Hall at Port Colborne hospital with her husband Angelo, foundation administrator Debbie Spraggett and golf classic committee chair Marie Vanderlaan talking about her experience.

She said a patient in the same room as her in Niagara Falls had an electric bed, but it wasn't the same as the one she was in. Her bed had controls that were easily accessible to a patient. That meant she could move the top or bottom part of the bed up and down herself.

"It was great to have that ability." The patient beside her couldn't do that and her bed didn't move quite the same as Aliberti's.

"The poor girl couldn't sit up to eat, they had to put pillows in behind her."

Aliberti said with her father, she could move the bed any way she wanted to give herself relief.

When she was transferred from Niagara Falls to Port Colborne for recovery, she had an electric bed that had the same controls as the one in Niagara Falls.

And those beds are what the hospital foundation hopes to be able to purchase after Port Colborne Hospital Foundation's 16th annual Golf Classic on Wednesday, May 26.

Spraggett and Vanderlaan said the hope is to raise enough money from the tournament to buy two new electric beds for the hospital. The beds cost around \$7,500 each.

Aliberti said it's important for people in the lakeside city to realize that all funds raised by the hospital foundation are used to buy equipment that stays in Port Colborne.

"The bed made the stay in the hospital better," she said, encouraging people to take part in the golf tournament and help raise funds for the hospital.

The tournament takes place at the Port Colborne Country Club May 26. The cost is \$130 each and includes lunch, a golf cart and dinner.

The dinner is sponsored by Thurston Machine, shop for more information call Spraggett at 905-834-4501, ext. 32126.

djohnson@wellandtribune.ca

■ LAWSUIT

Judge wants clarity

FROM PAGE 1

"At this point we just don't know," said Gillespie, of the firm Cunningham and Gillespie LLP.

He said in cases of a reserved decision by a judge, there's no communication between the court and involved parties and once a decision is made it will be released to all. The case which pertains primarily to historic nickel contamination from the Inco refinery and its

effect on Port Colborne property values wrapped up in court this past January.

"We were be called back before court for the decision."

The decision by Justice Joseph Henderson will move them likely be sent by fax to various lawyers.

Though Gillespie won't be back in court for the decision, he and Inco's lawyers will be before the judge on May 10.

Henderson, said Gillespie,

wants both sides to give their interpretations to two issues — ongoing emissions and public nuisances.

"His honour is asking for clarification on those two meanings."

The lawyer said with the way the English language is, each could have a different meaning to people.

djohnson@wellandtribune.ca



Cot Back Pain?

AVOID BACK SURGERY

WITH NON-SURGICAL SPINAL DECOMPRESSION

KING ST. FAMILY CHIROPRACTIC 550 KING STREET, PORT COLBORNE 905-834-5551

portraits

Visit us at our
**NEW
DOWNTOWN
LOCATION**

The Healthy Cupboard

healthycupboard@gmail.com
905-835-9806

101 CLARENCE ST.
(Across from FOOD BASICS)

■ GARBAGE: Eastside clean up on Earth Day



KAESHA FORAND Staff Photo

Cheryl Janeway picks up garbage along Mitchell St. during an east-side cleanup organized by the Port Cares Reach Out Centre for Earth Day.

■ RECYCLED: St. Joseph students do their part



KAESHA FORAND Staff Photo

Ecole St. Joseph students Justin Brule, Samantha Schneider and Madelene Philippe display their Earth Day art made from recycled materials.

■ EARTH DAY: Trees planted in Wainfleet



Supplied Photo

Brian Alkemada of Short Hills Tree Service helps Mayor Henderson plant a tree during Earth Day celebrations Thursday. Short Hills Tree Service donated three trees to the township and they were planted on grounds in the vicinity of a new proposed playground.

INPORT NEWS

Published by InPort News
Osprey Media Publishing Inc.
228 East Main St., PO Box 278
Welland, ON L3B 5P5

Tel: 905-732-2411 Fax: 905-732-3660

inport@wellandtribune.ca

Ken Koyama, publisher, general manager

SUN MEDIA
A Division of Bell Canada

ourview

Earth Day in Port Colborne

The city was a busy place on Earth Day.

It started off with Port Cars Reach Out Centre volunteers making a concerted effort to clean up as much garbage as they could on the city's east side.

More than 20 volunteers carried on a tradition that began 20 years ago with Angèle and Gilles Desmarais and Tom Lannan. The Reach Out Centre has been carrying out a clean up for the past six years and volunteer Cheryl Janeway has participated in every one.

"It helps the environment, looks neat and you can take pride in your front yard," said Janeway.

Volunteers Thursday collected 18 bags of garbage and almost filled the dumpster.

We congratulate Janeway and the other volunteers for carrying on the tradition and cleaning up the east side.

While the clean up was confined to one day and one area of the city, we'd encourage everyone to take time to clean up around their neighbourhood.

Take 10, 15, 30 minutes, whatever you can spare, to clean up in front of your home. Get your neighbours and children involved and make a day of it.

If we all took the time to even pick up a discarded pen or cigarette pack, the city would end up being a cleaner place and more attractive to visitors.

And while volunteers were cleaning up the east side, students at Ecole St. Joseph learned how to make something out of nothing.

Each class was tasked with creating a piece of art or useful item using only recyclable items. Used paper was transformed into origami, cereal boxes were cut and used as paper organizers, tulips were made from egg cartons and Tribune pages were made into hats, book covers and used for gift wrapping.

Kindergarten teacher Sommer Elichs said students have shown great interest in learning about the environment and how they can reduce their consumption.

"We're trying to show them you can reuse things."

Teaching children to recycle as a young age can help them become better recyclers and better stewards of the earth in the future.

If we all followed the examples of the students at Ecole St. Joseph and volunteers from Port Cars, Port Colborne would be a much cleaner and environmentally friendly place to live.

Taking pride in the community should be an every day effort, not just one for Earth Day.

I'VE BEEN THINKING

GORD ABRAHAM
Port Colborne Baptist

Now I am on my soap box. Are you ready for this rant from a gentile follower of Jesus who is weary of the shallowness of the peep show culture that is engulfing us today?

Have you ever watched some of the so called reality TV shows where most involved have to show their worst, most self-centered, self-promoting sides?

These are the shows that give us bite size portions of what is a larger picture of modern, consumer, Peep Culture.

If it isn't the Osbornes, it will be the Gene Simmons jewels, the dancers, the idiots, the Lost schemers, the fighters' Gosselins or maybe even the sad existences on Jerry Springer. Whoever it is, they are willing to try and revive a celebrity career that has gone south or will try to gain notoriety for the most base of actions and behaviours. It is astounding what people will say to do and expose to all viewers through the media of TV, Facebook, YouTube, Twitter etc.

For many to hear criticism of this sort, it leaves them with a puzzled look on their face as if to say, "what's the problem with a little entertainment, a little bit of fun?"

Sadly, people have sold out their

souls for such a low price by allowing their lives, at their worst, become entertainment for the Roman Coliseum crowds. The worse you behave, the more you will become known. The more you let everyone peep into your darker side and the messiness of your life, the bigger the payoff. What a price to pay for just a few minutes of fame and a few dollars.

You may not agree with me on my opinion and my "take" on what our culture is expressing. But, one thing I hope you will agree with is that the way we have allowed ourselves to be exposed so much shows that we want someone to really know us and love us and care for us — exposure is a cry for unconditional acceptance.

Now take this same spectacle and bring it, for comparison, alongside the One called Jesus. He is ready to have you look into his life. He is ready to look into your life not for the purpose to peep for entertainment but rather for the sole purpose of changing us from the inside out.

He first issues a call for us to believe in death and resurrection and to trust him as Saviour and Lord — to confess that sin and experience and self-will. He sent us the invitation to submit our whole being to his rule. He promises us that he will make us clean inside and give us not a few fleeting minutes of shallow fame, but rather a life of ever-growing peace and inner joy. Jesus, when describing himself

using the image of a door into a safe, protective sheep fold said, "Anyone who goes through this will be cared for — will freely go in and out, and find pasture. A thief is only there to steal and kill and destroy. I came so they can have real and eternal life, more and better than they ever dreamed of."

When we allow this master, Jesus, to take over our life, He offers to clean us inside out, not to exhibit all the mess inside me to as many others as possible.

If He gives us another focus, A focus of intimate relationship with God and others. He gives us a clearer picture of the deep needs within us that he will change and a desire, in spite of those needs, to move into other's lives. He will move us into other's lives, not to peep but to love and encourage and see them changed into the likeness of Jesus as well.

He will change us to be people with wholesome speech, and even a life that will be so impactful that his life working in us that we will begin to seek the betterment of others.

There is a breath of fresh air when we bring the God man alongside the kind of culture that has a distinct odour of death.

There is a refreshing taste of life-giving water when we invite Jesus into the centre of our lives to be the satisfaction of the deep yearning for someone to love us unconditionally.

LETTER TO THE EDITOR

The Niagara Region/contractor 'boondoggie'

Let's get this straight.

We have a "business deal" between the biggest contractor in the Niagara Region and the regional government itself.

The 'company' came about most likely as a result of a staff report submitted to regional council by an unelected public servant, almost certainly in the planning department.

Those supposed to protect the public interest and spend our tax dollars wisely, the elected regional councillors, did what they do best, just read the recommendation by their unelected staff and voted in favour of the staff report.

Several years later, because the contractor didn't do his homework properly, because the province changed

the rules, or for any number of reasons, this taxpayer/private wind energy company that was to save taxpayers money and offer cheap alternative energy — is there anyone around still stupid enough to believe those claims in the face of increasing evidence proving the exact opposite — was told they would not after all, be approved as the company to inflict a wind farm on Winfield.

To add insult to injury, we now read that because this proposed project, described as a 'community project' by our regional government, has failed, it is that same taxpayer who will have to reimburse the contractor to the tune of \$500,000 for monies he has already spent?

Could someone, anyone at Niagara

Region, explain to me the rationale behind paying out an additional \$500,000 over and above what the region have already committed this taxpayer/private wind energy company?

If 'bailing out' failed business deals is the norm for Niagara Region will every private business in Niagara be offered the same sweet deals?

Would someone also explain who came up with the 'community project' term?

There have been no public meetings, no invitation to the public to attend any meetings that led up to this company being formed?

SEE THINK/PAGE 5

GENERAL NOTICE: The contents of this newspaper are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and no reproduction is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright.

For further information, contact DAVE JOHNSON.

LETTERS TO THE EDITOR: Copyright in letters and other material submitted to the publisher and accepted for publication remains with the author, but the Publisher and its licensees may freely reproduce them in print, electronic or other form.

ALONG THE LAKESHORE

SATURDAY, MAY 1

CONTAINER GARDENING WORKSHOP at Winfield Township Public Library at 10 a.m. Join Vivian Shoalts from Master Gardeners of Niagara, and learn how to create a beautiful container garden. Please call 905-899-1277 to pre-register your attendance as space is limited.

SUNDAY, MAY 2

ROBED IN SPRING PRESENTED BY St. James & St. Brendan Church with special guests The Rio Trio and Suera. A fundraising concert for new choir robes. Event gets underway at 7 p.m. at St. James & St. Brendan Anglican Church, 35 Charlotte St. Tickets are \$10 and are available through the church office 905-834-3384 or from any choir member. Refreshments following the concert.

THURSDAY, MAY 6

THE WINGER-WAINFLEET WOMEN'S Institute is holding its meeting titled making history at 1:30 p.m. in the Friendship Room at the Winfield Arena. For more information contact Elizabeth at 905-899-4872.

PRESCHOOL STORY TIME for ages two to five at the Winfield Township Public Library from 10:10-10:45 a.m. A six-week program of stories, songs, activities and crafts. No fee for the program but please call 905-899-1277 to pre-register. Each child must be accompanied by their parent/caregiver. This session's theme: Spring has Sprung @ your Library.

FRIDAY, MAY 7

MOTHER'S DAY CRAFT at the Winfield Township Public Library from 3:30 p.m. to 4:30 p.m. Show your mom how special she is by giving her a gift made by you. Kids ages 4 and up can make a "purse-onal" Mother's Day card. No fee but please call 905-899-1277 to pre-register your attendance.

MONDAY, MAY 10

FAMILY WII NIGHT at the Winfield Township Public Library from 6:00 - 8:00 p.m. All ages are invited to drop in and play Nintendo Wii. Not only great family fun, but great exercise too.

see more listings on | Page 6

Think about how you'll vote

FROM PAGE 4

Winfield residents have been given absolutely no public information regarding a winning farm in the township since this present council was elected to office. Perhaps us ordinary folk aren't important enough to be seen as part of the Niagara "community" where wasting more tax dollars is the plan.

This is local government at work. You would

all be wise to start thinking seriously of voting the present incumbents out of office this coming October and looking for new candidates who could do no worse and who just may be able to change the present disaster that is local government.

Andrew Watts

Port Colborne

Ask the
HEALTH EXPERT

PETER KARNER, FSHM, CNP



What can we do to slow the again process?

Fortunately, nature has provided us with a defense mechanism in the form of antioxidants, substances found in fish oil, fruit, vegetables and other plants, which disarm free radicals and render them harmless. With all the media attention focused on "wellness" in recent years, most people are aware that eating a diet rich in these substances, getting enough sleep and minimizing our exposure to stress and environmental toxins will help to preserve a more youthful appearance and good health into old age.

Adding a multivitamin to your daily regimen is a good first step towards maintaining lifelong vitality. To improve the odds still further, many health care providers advocate taking "super nutrients" on top of a daily multivitamin. Super nutrients are compounds found in fish oil and a wide variety of plants that are high in antioxidants and have proven to be valuable in combating cell degeneration. "Supplementing your supplement" in this way can be an effective strategy to give your system that extra boost, but it can also be time consuming and confusing. How do you sift through the mind-boggling overabundance of the product information available to determine what to take, how different substances will interact, and how much of each substance is required?

A simple solution can be found in Platinum Naturals' Super EasyMulti 45+, an advanced supplement which combines the

full spectrum of vitamins and minerals needed to meet your daily requirements with a synergistically formulated blend of super nutrients. Super EasyMulti 45+ is more effective than other multivitamins in combating the effects of aging because it was specifically formulated with this purpose in mind. It contains 600 IU of Vitamin D (25% more than most brands) plus a host of powerful antioxidants like fish oil, coQ10, green tea, Gingko Biloba and Milk Thistle.

Each of these ingredients has a proven track record in combating specific age-related conditions. The Omega-3 fatty acids found in fish oil have been known to lower LDL cholesterol levels, protecting your heart and reducing your risk of developing coronary artery disease. CoQ10 (coQ10) shares these properties with the added bonus that it regulates blood sugar levels, thus helping to prevent diabetes. The remarkable properties of green tea have only recently been brought to public attention.

When combined with key vitamins and minerals in optimal amounts, super nutrients yield an effective weapon in our arsenal against aging. It is not possible to stop your biological clock from ticking altogether, but with minimal effort and expense, you can now take full advantage of the latest scientific research to slow it down considerably. Start today and enjoy your life with health and vigor – eat wholesome food whenever possible and take Super EasyMulti 45+ daily.

SAVE \$300 OFF

with this coupon

Super easymulti



Coupon expires May 22, 2010

The Healthy Cupboard presents... Ask The Expert

Special Guest

PETER KARNER

NEWSTALK 610

with host: TANYA BIRRELL

This Saturday May 1, 2010 12pm to 1pm

NEW LOCATION

PORT COLBORNE
101 CLARENCE ST.
(Across from FOOD BASICS)
905-835-9806

The Healthy Cupboard
healthycupboard@gmail.com

FONTHILL
111 HIGHWAY #20 E.
Across from Sobeys
905-892-9054

Join Us For Our
CUSTOMER APPRECIATION DAY
WILD WEDNESDAY May 5, 2010

CLASSIFIEDS
small ads BIG deals

Bell TV
SAVE \$100
After New Customer Credits
NOW 99.99+ tax
Port's Electronic Convenience Store
«SOURCE MIONE'S»
20 Charlotte Street • Port Colborne • 905-834-4223

Your Hometown Insurance Broker
with trusted advice at a great price!



Sandy White
For Competitive Prices, Call for a Free Quote Today!

WHITES' INSURANCE BROKERS
45 Clarence St. W. Port Colborne
www.vergeinsurance.com

"The personal touch is what sold me on placing my insurance with Whites' Insurance Brokers."
Corinne Armstrong, Port Colborne
905.834.3228

ALONG THE LAKESHORE

THURSDAY, MAY 13

PRESCHOOL STORY TIME for ages two to five at the Wainfleet Township Public Library from 10-10:45 a.m. A six-week program of stories, songs, activities and crafts. No fee for the program but please call 905-899-1277 to pre-register. Each child must be accompanied by their parent/caregiver. This session's theme: Spring has Sprung @ your Library.

PHILOSOPHER'S CAFE at the Wainfleet Township Public Library at 6:30 p.m. Drop by for refreshments and a lively discussion. This month is an open discussion. All welcome. No philosophy training required, real life experience desired.

WEDNESDAY, MAY 19

E-MAIL BASICS at Wainfleet Township Public Library from 2 p.m. to 3:30 p.m. Learn how to send and receive e-mail and create your own email account. Some basic computer knowledge is required. Cost \$10. Please call 905-899-1277 to pre-register your attendance as space is limited.

TELL TAILS at Wainfleet Township Public Library from 4 to 5 p.m. Come read your favourite story to Therapy Tails Niagara's therapy dogs who are visiting the Library. Please call 905-899-1277 to book your 10-minute reading session in advance.

SATURDAY, JUNE 5

BIKERS RIGHTS ORGANIZATION Port Colborne is holding its second annual charity golf tournament at Emerald Pines Golf Club, 1878 Sherk Rd., Port Colborne with a shotgun start at 10 a.m. Cost is \$75, with registration from 8:30 a.m. to 9:30 a.m. All proceeds will be donated to Special Olympics Ontario. For more information contact John Lacroix at 905-835-2210, Brad Cutler at 289-228-2769, Larry Davidson at 905-353-0121 or Penny Dalke at 905-357-2834.

AT THE PORT COLBORNE PUBLIC LIBRARY

EXPRESS YOURSELF: WRITER'S Support Group with facilitators Gary and Kitty Roy. Thursdays 6 p.m.

to 8 p.m. Practical advice on getting published, finding a literary agent, and copyrights. For more information contact the facilitators by e-mail at groy1@cogeco.ca, or call the library at 905-834-6512.

ONGOING

QUIT SMOKING SUPPORT group, every Monday from 6 to 7 p.m. at the Port Colborne Hospital, 260 Sugarloaf St. All are welcome for the supportive and motivating environment. Contact Bridges Community Health Centre for more information at 289-479-5017 ext. 2445.

THE ALZHEIMER SOCIETY of Niagara Region support groups for caregivers meets the first Tuesday of each month (except July and August) from 1:30 p.m. to 3:30 p.m. at Rapelle Lodge, 277 Plymouth Rd. Welland. For information call 905-667-3914.

THE 79 LYNTON DAVIES Air Cadet Squadron meets every Tuesday at St. Peters Lutheran Church, 200 Erie St. from 6:30 to 9:30 p.m. Interested persons should contact captain John Derosule at 905-272-7609.

COMPUTER WORKSHOPS and one-on-one training are available at the Wainfleet Township Public Library Mondays, Wednesdays and Fridays. Please call the Library at 905-899-1277 to book an appointment.



Contact Lenses

FREE
Trial Pair

FREE
Solutions

No Fitting
Fee

*with the purchase
of eyeglasses*

Let Smith Optical Give You A New Look!

Bring Your Vision Prescription to

SMITH OPTICAL

Vision & Hearing Care

482 Steeple St. **905-835-6607** Port Colborne

EYE EXAMS ARRANGED

Now Open Saturdays 9:00 till 1:00

GLENMOUNT

MONUMENT BUILDERS

STONECRAFT SINCE 1951 WWW.GLENMOUNT.CA



Order now for spring delivery

3114 HWY 3 EAST
PORT COLBORNE
905-834-9587

301 AQUEDUCT ST.
WELLAND
905-735-9717

RULK & AGES

PORT COLBORNE

MUNICIPAL TAX REMINDER NOTICE

2010 FINAL TAX BILL
RESIDENTIAL/COMMERCIAL/INDUSTRIAL/
MULTI-RESIDENTIAL

2ND INSTALLMENT DUE MONDAY MAY 3, 2010.

PENALTY

A penalty of 1.25% is added on the amount of unpaid taxes on the day following the due date and on the first day of each month following the installment date. Penalties may not be waived. Failure to receive a tax bill does not excuse a taxpayer from the responsibility for payment of taxes and penalty.

Peter M. Senesce
Director of Community & Corporate Services

647-6693

SPRING DUMP RUN? Don't go home with an empty truck or trailer –

Buy 2yd' & receive a FREE perennial

Buy 3yd' & receive a FREE shrub

GREENHOUSES ON SITE

Bulk Yard Open Mon-Sat
8-5pm



Serving Niagara for 20 years

Fill up at PLANT'S CHOICE

Just before the Welland Landfill

270 HUMBERSTONE ROAD, WELLAND

905-732-5116

Cash, Cheque, Debit, Visa, M/C



COMPOST BLENDS • MULCHES • STONE • PLANTS • PICK UP OR DELIVERY AVAILABLE • LOW PRICES

The dog days of life



George Duma

BY GEORGE

It is my humble belief dogs are some of the finest beings on the planet.

I take my new friend, Nate, the four-year-old Rhodesian ridge-back. Actually, we've known each other for a few months now but the friendship is still relatively new.

As I write this, I have my jacket on ready to take him for a walk. Nate's pumped. But what does he do? He follows me around the house until he realizes I'm sitting down at the computer to write this. He then lies down at my side and lets me finish my thought on the computer screen. He seems to realize I have to get this down on paper, so to speak, before we walk.

I don't really, but he doesn't know that. He doesn't care.

OK, so he looks up at me with those brown eyes of his. I look into them and I'm done. I take his snout in my hands, give him a peck on the head, a pat on the side and that's it.

I'm now leaving for our walk. (Three hours later)

These days, we dog-sit.

We had to euthanize our beloved Bud in early December, a golden retriever we had from almost birth until about six weeks shy of his 15th birthday.

At the time, we decided we were going to wait a long while before even entertaining the thought of another dog.

Instead, we take in dogs belonging to our friends and family when they go away and can't take the canines with them. It's better than a kennel, well, cheaper anyway.

Dog-sitting is sort of like having canine grandchildren. It's a really neat concept, when you think about it. You have a wonderful companion for anywhere from three to seven days. You take him to the beach, play, have a wonderful time, then you give him back. No food bills and no vet bills. Not that we ever minded either of those, but I'm just saying.

Nate is an incredible animal. Very majestic. And I really like the fact he's been raised much like we raised our dog - lots of exercise, no table scraps or human food of any kind, and definitely not spoiled. He comes from a good home.

He's a fine companion, especially when circumstances leave one alone for a couple of days.

Nate never leaves my side and he is always ready to go when I am. I open up the back door of

my little Toyota Echo hatchback, put the seats down and up he jumps. We're off. He doesn't really care where, he's just happy to be

with me and happy with the fact we're going somewhere. That we end up in Wainfleet walking around the quarry with a female

German shepherd is merely gravy.

see DUMB ANIMAL | Page 7

Relief from Heart Disease

Mel Kennedy is a 63 year old grandfather with eleven lovely and active grandchildren. His children live close, so he is able to visit his grandkids regularly but he still has time for his many projects and interests. Technically he's retired, but as his wife would tell you, "he's always fixing something or other."

About 10 years ago Mel noticed he was tiring quickly. Simple tasks like walking the dog became difficult because of fatigue and a painful burning sensation in his throat. He couldn't walk very far without resting. At night, his feet were always, always cold. As time passed, the symptoms worsened. With growing fear and anxiety, he went to a cardiologist who confirmed that he was suffering from heart disease and angina.

Angina is your body's way of telling you that your heart is not receiving adequate amounts of blood or oxygen. In Mel's case, there was a build-up of plaque in the arteries around his heart, blocking blood flow. A common ailment called hardening-of-the-arteries, these blockages were cutting off the blood supply causing his heart to work much harder. The



dizziness, fatigue and numbness in his legs was an indication he was suffering from poor circulation.

Mel knew a number of friends, neighbours and family members who suffered from heart disease. Many ended up with heart bypass surgery and life-long drug therapies.

Mel also had friends who suffered from heart disease but had responded without surgery. They urged him to try Formula FLW, a combination of vitamins, minerals and antioxidants - a complete nutritional supplement that supplies your body with heart healthy nutrients to help it heal itself. Formula FLW reduces free radical damage, known to cause arterial hardening and it helps the body cleanse and eliminate the fatty deposits causing heart disease. It's been years since Mel has felt angina, now he exercises regularly, eats right and supplements daily with Formula FLW.

For more info about Formula FLW, visit Rosemary's Natural Choices.

300 tabs

Sale... \$ 53.99

Sale ends May 12th



How about a FREE cup of coffee? Drop by Rosemary's Natural Choices and enjoy a cup of organic, fair trade coffee. Our treat! Joe, Brenda and Tina have been keeping Wellanders healthy for over 17 years. Good health, natural remedies, great people and free coffee. It doesn't get any better than that!



WE CLASSIFIEDS

Information is provided

small ads

BIG deals

Charles Plaza)
in Welland
0586

choices.com

health practitioner.

CLASSIFIEDS

small ads

BIG deals

Michelle's Place

218 WEST ST. • PORT COLBORNE • 905-834-8649

Beautiful Gifts for Her!

Gift Certificates - available -

NOW OPEN 7 DAYS A WEEK!

PAUL'S

GARDEN CENTRE

AND GIFT STORE

Spring is here! Come and Celebrate with us!

Get Your Lawn and Gardens Ready!

- Soil, Seeds, Fertilizer
- Seed Starter Kits
- Concrete Statuary, Garden Decor
- Bird Feeders, Bird Houses

Premium products, great service, fair prices...always!

Buy in BULK! BIG SAVINGS

TREBLE MIX SOIL

\$40

CEDAR & PINE MULCHES

\$48

SPECTACULAR TREES AND SHRUBS

SHOP NOW for the pick of the crop!

Come and enjoy the experience of choosing the perfect tree or shrub amongst the thousands!

(EXTENDED HOURS) OPEN DAILY (MON-SAT 8-6) SUN 9-5 • 19 LINCOLN ST., WELLAND • 905-732-5123

■ VOLUNTEER APPRECIATION: Invaluable resource

Honouring volunteers at Northland Pointe

InPort News Staff

PORT COLBORNE — Volunteers are an invaluable resource to a place such as Northland Pointe, says Tammy Wright.

The regional seniors home resident and community program manager and other staff members, including administrator Joy Misztal, were at the Guild Hall to honour dozens of volunteers at a luncheon as part of Volunteer Appreciation Week.

"We have volunteers here who have been with us for decades," said Wright.

Those who help at the seniors home on the shore of Lake Erie put much time into their work.

"Our volunteers put in 10,805 hours in 2009. That's quite remarkable for a small community.

"They go above and beyond and are always there if we need them," Wright said.

Volunteers help out with fund-raising, assisting residents, palliative care and planning functions such as the annual family day picnic.

"They help enhance the quality of life for our residents," Wright said.

DAVE JOHNSON Staff Photo

Northland Pointe volunteers Mary Doan, left, and Vera Jamieson were honoured for 25 years of service at the Port Colborne seniors home during a luncheon Wednesday. In back are, from left, recreation and community program manager Tammy Wright, administrator Joy Misztal and regional Coun. Bob Saracino.



licence2view

Each week we will print 6 licence plate numbers. If your licence plate number is listed, be the first caller to leave a message with your name telephone number and time of call.

CALL 905-732-2414 EXT 392

INPORT NEWS

WIN 2 JUMBO VIDEO COUPONS

AVATAR

281 King Street
Port Colborne 905-434-9744

ONTARIO
SJM 77
YOURS TO DISCOVER

ONTARIO
COOP 28
YOURS TO DISCOVER

ONTARIO
OTTAWO
YOURS TO DISCOVER

ONTARIO
BELINDUZ
YOURS TO DISCOVER

ONTARIO
AKA PLUG
YOURS TO DISCOVER

ONTARIO
DRACY XO
YOURS TO DISCOVER

ServiceOntario

We're Committed To Serving You.

> Driver and Vehicle and Health Card Services

will be available at this location beginning **May 3:**

PORT COLBORNE — 216 King Street
 Monday – Friday: 9:00 a.m. to 5:00 p.m.
 Saturday: 9:00 a.m. to 12:00 p.m.

> **We look forward to serving you.**

To renew your licence plate sticker online, and for a complete list of services available at this location, please visit us at:

ServiceOntario.ca

Funded by the Government of Ontario

647-0903

A FUN CONTEST FOR THE WHOLE FAMILY AND A GREAT CHANCE TO WIN!

WHO'S WHO

2010 CONTEST

APRIL 30TH TO MAY 19TH, 2010 - ENTER TODAY AND YOU COULD WIN!



JUST IDENTIFY AS MANY PORT COLBORNE AREA BUSINESS PEOPLE
AS YOU CAN ON THE FOLLOWING PAGES AND YOU MAY:

WIN \$400

SECOND PRIZE: \$200 • 3RD PRIZE: \$100

who do you know?

in PORT COLBORNE'S

special section of

**WHO'S
WHO**

NAME _____

ADDRESS _____

PHONE _____

PORT COLBORNE'S

WHO'S WHO?

contest rules

Anyone may enter this contest except employees of Sun Media and their immediate family.

On the following pages of this section of InPort News you will find ads representing Port Colborne and area businesses. Also on the following pages you will find pictures of representatives of these businesses. Simply cut out the pictures and paste them into the ads to which you believe they belong. Bring the completed pages to the Who's Who Contest drop off at Port Country Pantry, 50 Charlotte Street (beside City Hall). Make sure you fill in your name, address and phone number in the space provided at the bottom of the first page. Entries must be received by 5 p.m. Wednesday, May 19th, 2010.

Only one (1) entry per household will be eligible for a prize.

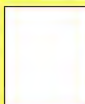
The entry with all or the highest number of pictures placed in the correct ads will be the winner. The next highest will be the second award winner, next highest the third. In the event the same number of pictures are correctly placed on more than one entry, a draw will be held to determine the winner or winners. The winners will be announced in InPort News on Friday, May 28th, 2010 along with the correct placement of the photos. Entries will become the property of InPort News and the judges' decision will be final.

Picture identification must be done in person at the participating businesses - NO phone calls please.



WHO'S WHO?

PORT COLBORNE'S



Mom,

To the word you might be one person, but to one person you might be the world!

Cindy Siddall

- Gifts • Fresh Bouquets • Mixed Plants
- Garden Decor • Gourmet Baskets

Mother's Day

SUNDAY, MAY 4TH, 2010

Shop Early - by May 5th and Receive
Complimentary Chocolates for Mom!
MENTION THIS AD.

ARLIES FLORIST & GIFT SHOPPE

#12 Clarence Street
905-835-1433
www.arliesflorist.com



Like Giam

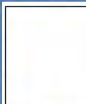
Come Aboard!

- Books • Toys • Clothing
- Pictures Frames • Windchimes
- Nautical Gifts and so much more!



CHILDREN'S BOOKS a Specialty!

192 WEST STREET
along the Canal
905-834-5921



Fay Defazio



Market Café

New Owners • New Menu

****CLOSED FOR REMODELLING****

OPEN FRIDAY MAY 7TH

Enjoy Our Deli "Market" Sandwiches • Cakes
• Pastries • Cookies • Ice Cream

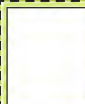
- ~ Cookie Trays
- ~ Cookie Bouquets
- ~ Gift Baskets
- ~ Specialty Cakes



SENIORS DAY - 1st Monday of Every Month!

OPEN -
7:30 am to 5:00 pm
MON. TO SAT.

**78 CLARENCE STREET
835-6946**



Susie Steers

WHISKYRUN

GOAT CLUB
PORT COLBORNE

COUPLES SPECIAL

Every Fri, Sat & Sun after 3 pm

- Join us for 9 HOLES OF GOLF
- Play the Owl, The Fox or The Serpent
- Relax & take a FREE RIDING CART
- Choose from 3 entrees by Chef Wayne and enjoy a great buffet.

All for only **\$2300**

BRING IN THIS AD & GET A
TWO FOR ONE BEVERAGE
WITH YOUR MEAL

PRIZE INCLUDES GRATUITY
VMS 2000 Season

FOR RESERVATIONS 905-835-6864 • 877-835-6868

www.whiskyrun.com



Lori Ostroff

The Healthy Cupboard

Live Healthy

- Vitamins • Minerals
- Herbs • Teas • Soaps
- Natural & Organic Foods
- Sports Supplements and much more

**Join us Customer Appreciation Day
WILD WEDNESDAY - 1st WED OF THE MONTH**

VISIT US AT OUR DOWNTOWN LOCATION
101 CLARENCE ST., (Across from FOOD BASICS)
905-835-9806



Gary Talosi

When investing,
work with an
expert to meet
your individual
financial needs

Qualify Personal Advice On:

- Severance Packages • Mutual Funds
- Pension Rollovers • RRSPs
- TFSA's • GIC's • RRIF's • RESP's
- Labour Sponsored Funds
- Retirement Planning • Estate Preservation
- Investment Planning

Call today for a no obligation FREE consultation

99 Clarence Street, Port Colborne
905-834-9444

DUNDEEWEALTH

04172106

**who do
you know?**
in the

WHO'S WHO

Bring the completed page to the Mayor's Who Contest one off at
Port Colborne Library, 50 Clarence Street (across City Hall)

NAME _____
ADDRESS _____
PHONE _____

COME JOIN US FOR A
Special
Mother's Day

Johanna Beninosa

Mother's Day Brunch
11:00 am - 2:30 pm **\$12.95**
Kids 12 and under \$5.95

Mother's Day Buffet
4:00 pm - 9:00 pm **\$16.95**
Kids 12 and under \$6.95. Coffee, Tea and dessert included

Variety of specials Mom can choose from.

Mamma Mia's
Pasta Pasta
Restaurant

Call for details.
RESERVATIONS RECOMMENDED.
Behind Royal Bank Use
Catharine St. Entrance
(905) 835-9111

LLBO

Rexall
**BOGGIO HD-A
PHARMACY LTD.**
"You've Got A Friend at Ida"

Larry Boggio

HOME HEALTH CARE CENTRE

- Wheelchair • Orthopedic Pillows • Crutches
- Canes & Walkers • Surgical Supplies • Commodes
- Shower Chairs • Transfer Benches • Grab Rails

WE HAVE LICENSED FITTERS
Rentals Daily/Weekly/Monthly • We Stock, Rent and Deliver

*Visit Our Giftware Department
For That Special Gift*

- Gift Baskets (made to order) • Hallmark Cards & Gifts
- Professor Purewater • Full Line of Wine & Beer Supplies

200 Catharine Street
DOWNTOWN
PORT COLBORNE
905-834-3514

HOURS:
Mon. Tues. & Thurs.
SAM TO 8PM
Wed. & Sat.
SAM TO 8PM
Fri. 8:30AM - 6PM

HARVEY'S
SWISS CHALET
RESTAURANT & BAR

Tanja Schulz

HARVEY'S
CRISPY OR GRILLED
DECISIONS, DECISIONS

CRISPY CHICKEN
Great Taste, Just Got Noisier

GRILLED CHICKEN
Try One Today

575 MAIN ST. W. AT HWY. #58

Fred Fitzo

Compare the GIC rates below – they are the best in the area.

GIC RATES

1. One Year Term	2.02%
2. Two Year Term	2.75%
3. Three Year Term	3.35%
4. Four Year Term	3.65%
5. Five Year Term	3.95%

Subject to change

Call today for a no obligation FREE consultation

99 Clarence Street, Port Colborne
905-834-9444

DUNDEEWEALTH

Your #1 Stop Auto Parts Super Centre

John Grandill

Complete Auto, Truck Parts and Accessories Centre

Proudly serving the **NIAGARA PENINSULA** for over 14 years!

REMEMBER
If We Don't Have It, We Can Get It!
"Get everything available"

• 15,000 sq. ft. Building with Huge Inventory

THE YOUNG AUTOMOTIVE PROFESSIONALS
Hwy #3 658 Main St. W. Port Colborne 905-835-8120

www.youngautopartprofessionals.com

Happy Mothers Day
Sunday, May 9th

Tammy Bilodreau

Visit Our UNIQUE GIFT SHOPPE

Garden Decor to Yankee Candles!
Sideys Flowers & Gifts
FLOWERS AND GIFTS FOR ALL OCCASIONS

216 King Street • 905-834-3636
www.sideysflowers.com

who do you know? in the **WHO'S WHO** contest

Bring the completed page to the Who's Who Contest and off at Port Country Pharmacy, 50 Catharine Street (Inside City Hall)

NAME: _____
ADDRESS: _____
PHONE: _____

WHO'S WHO?

PORT COLBORNE'S

West Harbour RESTAURANT BAR & GRILL

Join Us... **Mother's Day Brunch** Sunday, May 9th *Book Early!*

OPEN for the SEASON

Fishing Pubs Pub
Haddock '12
Perch '15

PATIO IS OPEN

**OPEN 7 DAYS A WEEK • 905-835-1895
3 MARINA DR. PORT COLBORNE**

Michelle's Place on West
Home & Garden Decor
www.michellesplaceonwest.com

Michelle Ozog

Mother's Day SALE

20% OFF

Marie Osmond PURSES

GIFT CERTIFICATES Make a Perfect Gift!

218 West St. • 905-834-8649 • Open: Tuesday to Saturday

Yardbirds Nature Shop

Hilda Reiser

"Your one-stop for all your Bird Feeding needs."

- BIRD SEED: 5LB - 50LBs.
- PREMIUM BIRD SEED
- BIRD HOUSES • BIRD BOOKS
- BEESWAX CANDLES
- GARDEN DECOR
- MAIL BOXES • HOUSE NUMBERS

OPEN TUES-FRI 10AM-5PM SAT 10AM-4PM SUN 12PM-4PM

149 CLARENCE ST. • 835-BIRD (2473)

INSPIRED Gifts for Mom

Tracy Tarran

Fairly traded handicrafts from around the world

7 Clarence Street, Port Colborne 905-834-8292
www.TenThousandVillages.ca

Hearing Problems Noticeable?

Have Your Hearing Checked by Cheryl with over 20 years of personalized experience as a hearing professional

Cheryl Smith-Interscience

May is Better Speech & Hearing Month

SPECIAL OFFER
COME IN AND SEE US and receive a **FREE** PAIR OF HEARING AID BATTERIES (one per customer during May)

YOUR LOCAL HEARING PROFESSIONAL

SMITH HEARING & OPTICAL CARE

482 STEELE STREET • PORTAL VILLAGE • 905-835-6607

WSIB • VAC • ADP • INSURANCE PLANS

Urbanity Boutique

Mary Petrucci

20% OFF Prom & Grad Dresses

including Spring Arrivals

Shop Early for Best Selection

230 West St. • PORT COLBORNE • 905.835.5000

who do you know? in the WHO'S WHO contest

Bring the completed page to the Who's Who Contest drop off at Port Country Party, 50 Charlton Street (across City Hall)

NAME: _____
ADDRESS: _____
PHONE: _____

PORT COLBORNE'S

WHO'S WHO?

Terri Spinney

- Pure & Co
- Neon Buddha
- 600 West • Abbie Mags
- Foxcroft • EchoRoin
- Jones of New York

Our collections of casual sportswear are designed for the updated customer with modern attitude. REGULAR + PLUS SIZES.

270° WEST

Casual Ladies Apparel

224 WEST STREET • PORT COLBORNE
905-835-5024

Minor FISHERIES
"Produce and Processors of Fresh Water Fish"

Fresh Frozen Smoked

~ PARTY TRAYS ~
• Smoked • Shrimp • Combo
~ FISH & CHIPS ~ Take Out and Eat In

TRY OUR FAMOUS PERCH DINNERS & PICKEREL DINNERS

176 West St., Port Colborne • ALONG THE CANAL
905-834-9232

New Releases
MOVIE RENTALS

3 for \$14.99

JUMBO VIDEO

**281 KING STREET
PORT COLBORNE**
834-9744

INCLUDES NEW RELEASES!

OPEN 7 DAYS A WEEK!

Beautiful Handscraped Engineered Hardwood
DESERT SAND BIRCH

ON SALE \$4.25 sq. ft.
Was \$5.49 sq. ft.

Loose Lay Vinyl IN STOCK ON SALE
16 Colours and Styles to Choose From (12' & 13.2' WIDE)
Indoor/Out Carpet
6 Colours
\$5.99 sq. yd.

PRO STYLE FLOORING
Experience the Difference professionals make!

427 Main St. E., Port Colborne 905-835-1243 Prostyle@castlernet.ca

Your #1 Stop Auto Parts Super Centre

Complete Auto, Truck Parts and Accessories Centre

Proudly serving the NIAGARA PENINSULA for over 24 years!

REMEMBER
If We Don't Have It, We Can Get It!

15,000 sq. ft. Building with Huge Inventory

www.youngautopartprofessionals.com

THE YOUNG AUTOMOTIVE PROFESSIONALS
Hwy #3 658 Main St. W. Port Colborne 905-835-8120

Port Country Pantry
Serving Your Bulk Food Needs!

- Baking Needs (everything from Dark Cocoa, Sugars, Flours, Baking Chips, Merken Waters and More)
- Candies & Snacks
- Nuts (Salted & Unsalted)
- Pastas
- Soups
- Gravy Mix
- Seeds
- Soup Mixes
- Coffee & Teas
- Spices (From A to Z)
- Dried Vegetables
- Dried Fruits

JOIN US SENIORS DAY
First Monday of Every Month
55 YEARS & OVER
RECEIVE 10% OFF TOTAL PURCHASE
Complimentary Coffee & Cookies Served

Local id at:
50 CHARLOTTE STREET, NEAR TO CITY HALL
269-836-9522

who do you know? **WHO'S WHO** **confest**

Bring the complimentary pages to the Who's Who Confest drop off at Port Country Pantry, 50 Charlotte Street (across City Hall)

NAME: _____
ADDRESS: _____
PHONE: _____

PORT COLBORNE'S

WHO'S WHO?

Reader's Choice #1 AWARD WINNER
2006 to 2010

Carol Minor

Celebrating 6 YEARS!
great gifts for mom

212 KING ST • DOWNTOWN • 835-9927



Locally Owned & Operated by the Allinson Family

SHOWBOAT THEATRE
in-the-round

Sue Patterson

2010 Summer Season

MAMA'S COUNTRY RECORD COLLECTION
Conceived by Thom Currie
JUNE 17 - JULY 3

SIX DANCE LESSONS IN SIX WEEKS
A Comedy Drama by Richard Afleri
JULY 8 - JULY 24

SITTING PRETTY
(A Musical)
Book and Lyrics by Norm Foster
Music by Steve Thomas
JULY 29 - AUGUST 14

THE OWL AND THE PUSSYCAT
A comedy by Bill Manhoff
AUGUST 19 - SEPTEMBER 4

The Roselawn Centre
296 Fielden Avenue • Port Colborne
Box Office: 905-834-0833 www.showboattheatre.ca

EMERALD PINES GOLF CLUB
Niagara's Hidden Gem

Len Downeast

* Opening Day Tournament *

SATURDAY, MAY 8TH • 1 P.M. START
4 Person Shamble • 18 holes
Cost: \$30 Per Person
Includes: Dinner, Prizes, Entertainment
COME JOIN THE FUN!
Beat the HST 2010 Memberships still available.

1878 Sherk Road
PORT COLBORNE

CALL FOR TEETIMES:
905-835-2234

www.emeraldpinestgolf.com

FRIDAY BASH

Diff. event every Friday (coming soon).
CALL FOR MORE INFORMATION.

Compare the GIC rates below – they are the best in the area.

Dino Berardocco

GIC RATES

- | | |
|--------------------------|--------------|
| 1. One Year Term | 2.02% |
| 2. Two Year Term | 2.75% |
| 3. Three Year Term | 3.35% |
| 4. Four Year Term | 3.65% |
| 5. Five Year Term | 3.95% |

Subject to change

Call today for a no obligation FREE consultation

99 Clarence Street, Port Colborne
905-834-9444

DUNDEEWEALTH



PHOTOGRAPHIC MEMORIES
"Make your memories last"

Delaine VanDyke

MAY PHOTO FRENZY
every WEDNESDAY
15¢ 50 PRINTS OR MORE
Available Wednesdays IN MAY!



Located in
BOGGIO PHARMACY
200 Catharine Street
DOWNTOWN PORT COLBORNE
905-834-2240

PORT PAINT & PAPER
209 King Street, Port Colborne 905-835-8424

David Joyce

Aura® Waterborn InteriorPaint
Extreme Hide, Covers

- Extreme hide, covers most surfaces in one coat
- Provides a mildew resistant coating
- Low VOC, low odor formula
- Self priming
- Recoat in 2 hours
- Easy clean up
- Available in matte, eggshell, satin



Benjamin Moore
The Colour Experts



who do you know? WHO'S WHO in the confest

Bring the completed page to the Who's Who Contest drop off at Port Colborne Library, 55 Charlotte Street, (Inside City Hall)

NAME: _____
ADDRESS: _____
PHONE: _____



WHO'S WHO?

Enjoy Our Waterfront Patio

The GALLEY Restaurant

905-835-0993

Martin Zarb

Daily LUNCH & DINNER SPECIALS

Friday LAKE ERIE PERCH LIVE ENTERTAINMENT Every Friday

corner of West & Victoria, Along the Canal

Give Mom the Day Off
...Join us on Mother's Day

Our fabulous Mother's Day Brunch. Show these special ladies in your lives how much you love them by treating them to one of our all you can eat brunch buffets. The perfect way to enjoy a spring afternoon with the entire family. Let us do the work. & enjoy the added time spent with them!

BOOKING BEGINS AVAILABLE @ WWW.PORTCOLBORNE.COM

Two available seating's, 11:00 am & 1:30 pm
RESERVATIONS RECOMMENDED!
LIMITED SEATING AVAILABLE!

Call Now!!! 905-835-9021

Always Open To The Public
THE PORT COLBORNE COUNTRY CLUB
Niagara's Best Kept Secret!

DINING ROOM: 905-835-9021
PROSHOP: 905-835-1636

www.pccgolfclub.com

Golf Course Road (off Hwy. #3) West of Port Colborne

To Our Advertisers Your Success Is Our Business!



Welland Tribune Advertising Team

L to R (Seated): Helen Oliver, Kim Fraser, Colleen Neamtz
L to R (2nd Row): Frank Maddalena, JoAnn Schaubel, Aldo D'Ottavio, Daria Zmlyivsky
L to R (3rd Row): Michael Spadefora, Mike Smith, Jack Wilson, Pat O'Neill

Build A Strong Community Shop & Spend at Home!

Making A Difference... Daily
On Papers, Online.

Support Our Advertisers

www.wellandtribune.ca

who do you know? WHO'S WHO? confest

Bring the completed page to the Who's Who Contest drop off at Port Country Casino, 30 Charlotte Street (Dundas City Hall)

NAME: _____
ADDRESS: _____
PHONE: _____

■ **FITNESS CENTRE:** Getting a good workout

Keeping fit at Lakeshore

InPort News Staff

PORT COLBORNE — Lakeshore Catholic High School's fitness centre is getting a good workout these days, say both the school's vice-principal and head of the physical education department.

Ugo Fazzari and Dino Germano say the fitness centre was first started in the school, above the main gym, in 1991 and has doubled in size since then.

In addition to the various weightlifting stations, there are now a number of stationary bicycles in the fitness centre, the two say.

"We have spin classes now and there are about 20 to 30 kids who take part in them," says Germano, adding a qualified instructor is there to run the class.

In addition to the spin classes, the school has a teacher that is professional weight lifter, John Charette.

Charette helps students who want to learn to lift weights properly and build muscle.

The two men say the virtually all sports teams in the school use the facility during the various sports seasons and off season as well.

Germano says Fazzari, teacher Josh Ort, and former teacher Brad Johnston deserve credit for getting the fitness centre going and helping it expand over the years.

"We've had tremendous growth and it's important to keep it going," says Fazzari.

He says with a rubber floor and safety cage around the fitness centre, it is a safe room for students and teachers alike to use. It is also wheelchair accessible.

With an increasing focus on health and healthy lifestyles, Fazzari says students and teachers are encouraged to use the fitness centre to keep themselves in good shape.

"We're blessed to have the state-of-the-art machines we have here at the school and the students should be thankful," says Fazzari. "I wish we had something like this when I was in high school."



DAVE JOHNSON Staff Photo
A group of Lakeshore Catholic High School students take a spin on some of the bicycles in the school's fitness centre. Staff and students are encouraged to use the fitness centre.

We'll give you something to SMILE about!

- Full & Partial Dentures • Emergencies & House Calls
- Free Consultation • Upper & Lower Dentures
- Same Day Repair & Same Service Available

Horbert Gieger 186-1 West St. Port Colborne
905.835.2155

Green Acres Greenhouses
OPENING
MAY 1ST 8:30AM-6PM
JUST IN TIME FOR
MOTHER'S DAY
We Have a Large Selection of

- Hanging Baskets
- Planters
- Flats of Bedding Plants/Vegetables Plants
- 4" pots & 6" pots
- Spikes, Perennials, Wallbays
- Buy Local Grown Plants

Come visit us at the Markets
Hours 5am-noon
Wed. Hagersville, Fri. Port Colborne, Sat. Welland
Closed Sundays.

52424 HWY 3, WAINFLEET • 905-899-1201
1 MILE WEST OF CHAMBERS CORNERS

LENNOX
SAVE UP TO \$1200
ON SELECT HOME COMFORT SYSTEMS
BEAT THE HST
V.A. HOFFMAN
905-884-3783

UPCOMING WORKPLACE VIOLENCE & HARRASSMENT WORKSHOP

Attention Ontario Employers!!!
Will you be in compliance by June 15, 2010?
Employers with 5 or more employees must take reasonable steps to protect employees from workplace violence & harassment.
The legislation goes into effect June 15, 2010

Port Colborne Public Library
310 King St., Port Colborne, Ontario
9:00 am to 12:00 p.m.
Thursday, May 13, 2010, Tuesday, May 18, 2010, Tuesday, May 25, 2010

Burlington Library
2331 New Street, Burlington, Ontario
9:30 am - 12:30 pm
Tues. May 4/10; Tues. May 11/10, Thurs. May 20/10
Cost is \$75.00 + gst per person

Register Today Limited Seating
contact 905-733-0397
info@msbconsulting.com

INTRODUCING
NEW Transitions XTRA

Plus UV 400 PROTECTION

Transitions VI
ADVANCED PERFORMANCE

- As clear as clear lenses, now even better
- Darkened for improved glare reduction
- Darker in hot temperatures
- Faster to dark, faster to clear
- 100% UVA and UVB blockage

BRING YOUR VISION PRESCRIPTIONS TO
SMITH OPTICAL
Vision & Hearing Care

482 Steele St. 905-835-6607 Port Colborne

■ **WAINFLEET ARENA:** Students help out

Building connections in the community

InPort News Staff

WAINFLEET — Hockey teams have a shiny new trophy case to display all of their winning hardware inside Wainfleet Arena thanks to a group of Lakeshore Catholic High School students.

The case was built by Curtis Wilcox, Ernie Symonds and Brian Bordorkos — all construction students in the specialist high skills major program, says construction technology teacher Tino Nuccitelli.

He says Wainfleet Arena needed another trophy case and since the high school reaches out to the community, it was a good a project for the students.

It took four days of measuring, cutting and staining to put the case

together and move it to the front lobby of the arena.

While in the area, Nuccitelli says the students also rearranged all of the hockey banners that were hanging all over the arena and moved them all to one wall at the west end of the facility.

Nuccitelli says it gave students a chance to use a scissor lift and fall-arresting systems, things they might use on a construction site if they choose to follow construction as a career.

DAVE JOHNSON Staff Photo

Students Ernie Symonds, left, and Curtis Wilcox, right, stand in front of the trophy case they helped build with teacher Tino Nuccitelli, far right, for Wainfleet Arena.

CLIP & SAVE

2 for 1 ADMISSION!

- Hundreds of new products & services for your home
- Terrific one time specials
- Convenient one-stop shopping
- Local, reliable companies
- Great family outing
- Seniors are 1/2 Price on Friday

New Location!

This pass is good for a 2 for 1 admission to the Niagara Lifestyle Home Show. (Maximum discount \$5 and not valid in conjunction with other promotional offers)

Regular Admission
Adults \$5
Children 12 & under FREE

Home Show

April 30 - May 2

New Location!

LOTS of FREE Parking!

Hours:
Fri. 10 am to 9 pm
Sat. 10 am to 6 pm
Sun. 10 am to 5 pm

CLIP & SAVE

2 for 1 ADMISSION!

Presented by
Reliance
Be sure to visit the new "Green Street" full of environment friendly companies!

P.C.A.S.D.

Sponsored by
The Standard

105TH FRI
OFFER

Seymour-Hannah Sports Centre • 240 St. Paul St. W., St. Catharines
Limited Display Space for Exhibitors Available 1-800-465-1073 Jenkins Shaw Productions

DENTURE CENTRE

Preventing Fungal Infections for Denture Wearers

Contrary to popular belief, life with a denture is not life without dentistry. There are quite special oral health concerns for people who wear dentures, and Candida infection is one of them.

Candida is a yeast-like fungus present in the mouths of about 30% of adults, and in nearly half of all denture wearers. It doesn't cause much trouble when the denture fits well, mouth tissue is healthy, immune system intact and nutritional needs are satisfied. But an ill-fitting denture, or bad denture habits, can adversely affect both nutrition and oral tissues, and even the door to Candida invasion.

It happens fast. Candida can spread over a denture in just 30 minutes! Since Candida actually permeates the acrylic liner of the denture, chronic infection can occur. The common result is denture stomatitis, that is red inflamed sores under the denture. Stomatitis will discourage from wearing the denture at all.

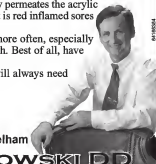
How to resist infection? Keep your mouth tissues in top condition. Remove your dentures more often, especially at night. Let's try to determine what elements of your diet might contribute to fungus growth. Best of all, have us evaluate your denture fit. In severe or chronic cases you may need to see your doctor.

Of course, life with a denture can be full and vigorous. But remember, your oral health will always need attention, denture or no denture.

Call For **FREE** Consultation
788-9676

3-547 Thorold Rd., Welland
Corner of Thorold & South Pelham

DAN GRABOWSKI D.D.



Steep learning curve for trustee

InPort News Staff

PORT COLBORNE — It has been a few years since his children were in a classroom, but Gregg Dame still takes interest in what students learn in elementary and high school.

The Port Colborne and Fort Erie trustees for District School Board of Niagara is seeking a second four-year term in the Oct. 25 municipal elec-

tion. He filed his papers Feb. 19. Dame, 49, said his first term was "a great experience and a steep learning curve."

The board is facing a number of challenges, including declining enrolment and school closures, and continues to struggle to receive adequate special needs funding. "I still enjoy the job. It's still an interest of mine to make sure students get the best education," Dame says.

Dame is employed as an estimator for Fraser Marine and Industrial. He is married to Tammie and they have three children and one grandchild. Family, he said, always comes first.

As trustee, he is a voice for three high schools and about 12 elementary schools. He has attended school council meetings and tries to make his way to schools within his area.

When his daughter was in school, he was a member of an interim parent advisory board and a committee member of Parents Voice and Education.

WHEN WAS YOUR CHILD'S LAST EYE EXAM?

Children with Impaired eye sight are often unaware of their VISION PROBLEM

Call For An Appointment 905-834-0532

CHRISTIAN NANINI, OPTOMETRIST
PORTAL VILLAGE PLAZA
482 Steele St. Port Colborne

■ **ARTS PLACE:** Diana Hinman showing at gallery

Artist loves to draw

WAYNE CAMPBELL
InPort News Staff

PORT COLBORNE – Wainfleet artist Diana Hinman mulls over her art pieces.

She said she was somewhat indecisive over what to choose for her month-long exhibition at the Arts Place Gallery at 714 King St.

"These pleased me enough to go up," she said waving her hand at the room full of primarily oil paintings.

They are a mix of people, places and things.

People walk in a Montreal street scene. Places include her native Britain.

Things are her husband's beloved orchids.

"Each painting has its own trajectory," she said about the stories behind the pictures.

Hinman said she loves oil

paints because they are forgiving. They have flexibility in their drying time and they are mildly colourful.

She loves to draw, she said.

Much of her work comes from sketches of people such as one of her husband, son and dog watching a National Football League game.

Similarly, her popular Port Colborne setting art comes from sketches along the canal.

"I've done a lot of the Griffin," she said about the Canadian Coast Guard ship that's regularly moored in the city.

Many artists take photos. Then they draw or paint from them.

Hinman prefers to limit the photographic approach. She's used it under weather or time constraints, she said.

She would rather sketch from a live scene.

"Photographs give you a two-dimensional view. I prefer the three-dimensions you see when sketching."

The artist appreciates the attention her painting of Port Colborne scenes gets. However, she said an artist has to be careful of getting trapped into doing things just because they are popular.

"You have to keep refocusing" to improve, she said.

As you get older, an artist tends to broaden his or her outlook on life and what they can do, she said.

Hinman grew up in "an artsy home" in Britain. Her great-grandmother in particular was a water-colour artist and he sister shared her love of art.

Hinman studied at both at both the Manchester College of Art and Design and the Birmingham College of Art before coming to Canada where she further devel-

oped her style and technique.

The exhibition continues at the Arts Place Gallery, 714 King St. until May 23. The opening reception will be held Sunday, May 2, from 2 p.m. to 4 p.m.

wcampbell@wellandtribune.ca



inport@wellandtribune.ca



WAYNE CAMPBELL Staff Photo

Wainfleet artist Diana Hinman mulls over one of her art pieces. She said she was somewhat indecisive over what to choose for her month-long exhibition at the Arts Place Gallery at 714 King St.



SENIOR STAR COMPETITION

Are YOU a Senior Star?

If you are a talented singer or musician, over age 65, call to find out about our Seniors Star national competition!

Please call First Avenue for information to participate or attend.

— AUDITIONS —
THURSDAY, MAY 13TH
2:00PM



CHARTWELL SELECT
FIRST AVENUE
163 First Avenue, Welland, ON

Call 905-735-5333

CHARTWELL SELECT
www.chartwellselect.ca

94109145

LOOKING FOR WORK?

VISIT THE EMPLOYMENT CENTRE

Job Listings, Resume Help, Interview Preparation, Workshops

Public Computer Use, Printers, Fax / Copy Service

92 Charlotte Street, Port Colborne Phone: 905.834.3629

Employment Ontario programs are funded in part by the Government of Canada

PortCares
Improving the quality of life

**EMPLOYMENT
ONTARIO**

■ **RAISING FUNDS:** Student headed to Vietnam

Blue Bears help support travelling students

PAIGE THOMPSON
For InPort News

PORT COLBORNE — Port Colborne High School's Lyndsay Johnston is one of the sixteen candidates from 22 high schools in the DSBNI to be selected to travel to Vietnam. Lyndsay, a Grade 11 student, aimed to raise \$3,500 to help support her travels with DSBNI's Habitat for Humanity.

Mike Pastore's transportation technology specialist high skill major students helped Johnston in raising some of this goal to participate in the Vietnam DSBNI (District School Board of Niagara Inc.).

The technology class helped her with saving up money made from the recycling program in the technology classes by donating \$500 to her to help support her funds.

Port Colborne High School always tries to help out their students in need. The entire school is very proud of Johnston and all helped in raising her funding goal of \$3,500. She finally raised her goal and is now just waiting for her venture to Vietnam to start.

PAIGE THOMPSON For InPort News

Christopher Lipscombe, Stephen Toepp, Jason Miller and Isaac Grist, representing Port Colborne High School's specialist high skills majors program, present Lyndsay Johnston with a cheque and she stands with teacher Mike Pastore.



ATTENTION: TRIBUNE CUSTOMERS IN PORT COLBORNE

WE HAVE A NEW DROP BOX FOR YOUR PAYMENTS LOCATED AT



BOGGIO PHARMACY

200 Catharine St., Port Colborne

HOURS:
MON-TUE 9-8 WED 9-6 THURS 9-8
FRI 8:30-8 SAT 9AM-6PM

THE CLASSIFIEDS

small ads **BIG** deals



THE TRIBUNE
www.wellandtribune.ca

13 Week Special!



\$44.99

New Subscribers Only



plus \$10 Gift Card



from a local retailer
offer valued until April 30th

Office Hours

8:30 a.m. to 1:00 p.m.

905-732-2411
ext. 0



SPOTLIGHT on service



PORT COMPUTER SOLUTIONS

"Honest work at a fair price"

• SERVICE • REPAIR • CUSTOM BUILD

Whatever the problem, I will find the solution.

CALL ME. I'M HERE TO HELP!

CHRIS HOLLOWAY
www.portcomputersolutions.ca

(905) 931-8922

J. SNEEK PLUMBING & HEATING

FREE ESTIMATES • GREAT SERVICE • GREAT RATES

CALL JOHN SNEEK

HOME: 905-834-2135 • BUSINESS: 905-964-2516

DO YOU HAVE ASH TREES?



Call **Bill Buchanan**, Board

Certified Master Arborist for a free
consultation on how to protect your
Ashes from Emerald Ash Borer.

BUCHANAN
expert tree care

905-892-6579

Niagara
FARM METAL PRODUCTS

• COMMERCIAL • RESIDENTIAL • AGRICULTURAL • ROOFING & SIDING • CUSTOM TRIM

Earl Clapp
1351 Centre Street
Fenwick ON L0S 1C0

Ph. 905-892-5178
Fx. 905-892-1612
Toll Free 1-800-282-7148

■ **CO-ED LEAGUE:** Gets underway this fall

Players needed for new volleyball league

InPort News

PORT COLBORNE — Nancy Wilcox and Carrie Fenton have the equipment, gym, T-shirts and sponsors.

Now all Port Colborne residents need are players for a new co-ed recreational volleyball league they are launching for youths in grades 8 to 12.

"Our daughters were looking for somewhere to play," Wilcox said in explaining the two women are starting the league.

Both Wilcox and Fenton play volleyball in the Club Frontenac league in Port Colborne.

Their new league will start this fall with games at Port Colborne Brethren In Christ Church, and the schedule for the inaugural season runs from September until April.

They said the league will run Thursday nights and will include year-end playoffs and a season-ending party.

"We'll be holding registration in May at the church and the gym will be open so

everyone can hit the ball around then," Wilcox said.

Registration for the new league will take place at Port Colborne Brethren In Christ church May 6, and again May 13, from 7 p.m. to 9 p.m.

The fee is \$80 per player. Sponsors of the eight-team league are Boggio Pharmacy, Sider's Flowers, Buckner's Source for Sports and Ken-zy Kustoms.

Port Colborne Brethren In Christ Church is at 10641 Hwy. 3, just west of Quarrie Rd.

on the south side of the highway.

For more information, call Carrie Fenton at 905-835-8481 or Nancy Wilcox at 905-834-7773.



inport@wellandtribune.ca

Support your **Local Merchants**

BOGGIO
PHARMACY Rexall

Join Us
SENIORS
DAY

TUESDAY MAY 4TH

200 Catharine Street
PORT COLBORNE
905-834-3514

DENNIS O'REILLY
CONTRACTING AND
CARPENTRY

Look no further to get
professional results

- Remodeling the Niagara Region for the past decade
- Dedicated to providing the finest quality of service and materials for your dollar
- Written warranties

Always a fast, friendly
and **FREE** estimate
"Don't settle on part time service"

Ph: 905-894-8599

Simplify Your Life

- ✓ LIST WITH FRANK
- ✓ SOLD
- ✓ DONE

Call FRANK RUZYCKI
(Direct) 905-834-7653

PORT COLBORNE'S #1 HOME SELLER
2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009

RE/MAX
WILLIAMS REALTY INC. THE NIAGARA REGION
905-834-7777

WAINFLEET.HOMES.COM
PORTCOLBORNEHOMES.COM

Shop
Local

*Support Our
Local Merchants*

Sears

Port Colborne

OWNERS (from left): Hope & Gord Dalcourt, Ava & Jerry Dalcourt

NEW HOMETOWN DEALER STORE IS NOW **OPEN**

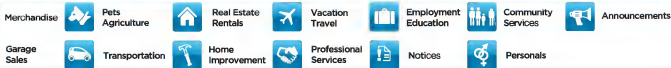
we offer more than
1500
APPLIANCES

When it's on sale at Sears it's on sale at
SEARS PORT COLBORNE
Why Make the Drive!

**WE WILL NOT
BE UNDERSOLD!**

Visit our showroom at: 183 Main St. East • 905-835-5881

Canada's largest and most trusted print and online classifieds network



Online: inportnews.classifiedextra.ca Email: placeit@classifiedextra.ca

Departments A610
furnished

CHECK IT OUT
QUIET MATURE
LIVING in Port Colborne
2 BDRM Apts. Incl's
dishwasher, dishwasher,
A/C. 1st flst. 905-
94-1652 after 10am.
11662090

ROYAL TERRACE, 485
Horsford Rd., Welland.
Clean, quiet, secure
w/risa. Close to
schools & drug store.
on main bus route.
\$88m \$825, inclusive.
For viewing
call Ron Jones.

**OUR PARENTS
JUST SOLD
THEIR
HOME...
NOW WHAT?**

PLACE
Of course.
No more
climbing stairs,
No more
mowing the lawn,
No shoveling snow,
instead...
A spacious
apartment home.
Security Freedom!

**For a visit
please call
905-734-6197**

Departments A616
st

BDRM main floor apt
quiet neighbourhood.
ridge/stove/all
li/parking incl. No
undry avail.
\$10/mth. 1st/last
m'd. Avail. June 1st or
later. 805-650-9425



1 TIME ONLY

SATURDAY APRIL 25TH

Earn

10X

**WELLAND
& PORT
COLBORNE
LOCATIONS
ONLY!**

**NOW MORE WAYS
TO EARN A
CANADIAN TIRE
'MONEY' REWARD**

- **EARN PAPER CANADIAN TIRE 'MONEY'**
When you pay for your purchase by cash,
debit card or cheque.
- **EARN CANADIAN TIRE 'MONEY' ON THE CARD**
Electronically when you use
Canadian Tire Credit Cards.



**Offer valid for
Saturday April 25, 2009**

**The Welland and Port Colborne
Canadian Tire Stores "ONLY"**

PORT COLBORNE MALL
Westside Road, Port Colborne
905-835-1155
9AM TO 6 PM



*Let's Get
Started!*

WELLAND
102 Primeway Drive
905-732-7501
8AM TO 6 PM